

ABSTRAK

HUBUNGAN KESEIMBANGAN TUBUH DAN KELENTUKAN PERGELANGAN KAKI DENGAN KEMAMPUAN *SHOOTING* SISWA EKSTRAKURIKULER SEPAKBOLA SMP NEGERI 2 KEMBARAN BANYUMAS

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Latar Belakang: Kemampuan *shooting* dipengaruhi oleh beberapa faktor, diantaranya adalah keseimbangan dan kelentukan pergelangan kaki. Penelitian ini bertujuan untuk mengetahui hubungan antara keseimbangan dan kelentukan pergelangan kaki dengan kemampuan *shooting* siswa peserta ekstrakurikuler sepakbola SMP Negeri 2 Kembaran Banyumas.

Metode Penelitian: Metode yang digunakan adalah tes dan pengukuran dengan pendekatan *cross sectional*, pengambilan sampel 60 siswa peserta ekstrakurikuler sepakbola menggunakan *purposive sampling* dengan adanya kriteria. Instrumen penelitian keseimbangan menggunakan *Diagonal Dynamic Balance Test* (Roy & Ghosh, 2017) kelentukan pergelangan kaki menggunakan pita ukur (Widiastuti, 2015). *Shooting* ke gawang dilakukan sebanyak 4 kali dengan jarak 17m (Widiastuti, 2015). Uji statistik menggunakan *pearson product moment* dan korelasi ganda.

Hasil Penelitian: 1. Tidak ada hubungan signifikan antara keseimbangan dengan kemampuan *shooting* 2. Ada hubungan signifikan antara kelentukan pergelangan kaki dengan kemampuan *shooting*. 3. Tidak ada hubungan antara keseimbangan dan kelentukan pergelangan kaki secara bersama-sama dengan kemampuan *shooting*

Kesimpulan: Tidak ada hubungan antara keseimbangan dan kelentukan pergelangan kaki dengan kemampuan *shooting*.

Kata Kunci: Keseimbangan, kelentukan, pergelangan, kaki, *shooting*

ABSTRACT

CORRELATION OF BODY BALANCE AND ANKLE FLEXIBILITY WITH THE SHOOTING SKILL FROM STUDENT OF FOOTBALL EXTRACURRICULAR IN JUNIOR HIGH SCHOOL 2 KEMBARAN BANYUMAS

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Background Of Study: The *shooting* skill influenced by a number of factors, there are the body balance ankle flexibility. The aim of this study is to study the correlation between body balance and ankle flexibility with the shooting skill from students of football extracurricular activities at SMP Negeri 2 Kembaran Banyumas

Methods Of study: The method used in this study is a test and measurement with a cross sectional approach, taking sample from 60 students of football extracurricular participants using purposive sampling with criteria. The instrument of this study are diagonal dynamic balance test test (Roy & Ghosh, 2017) and ankle flexibility test with measuring tape (Widiastuti, 2015). The *Shooting* to the goal was carried out 4 times with a distance of 17 m (Widiastuti, 2015). Statistical tests is using Pearson product moment and multiple correlation.

Results Of Study: 1. There is no significant correlation between body balance and the shooting skill 2. There is a significant correlation between ankle flexibility and the shooting skill. 3. There is no relation between body balance and ankle flexibility together with the *shooting* skill.

Conclusion: There is no correlation between body balance and ankle flexibility with the *shooting* skill

Keywords: Balance, body, ankle, flexibility, *shooting*.